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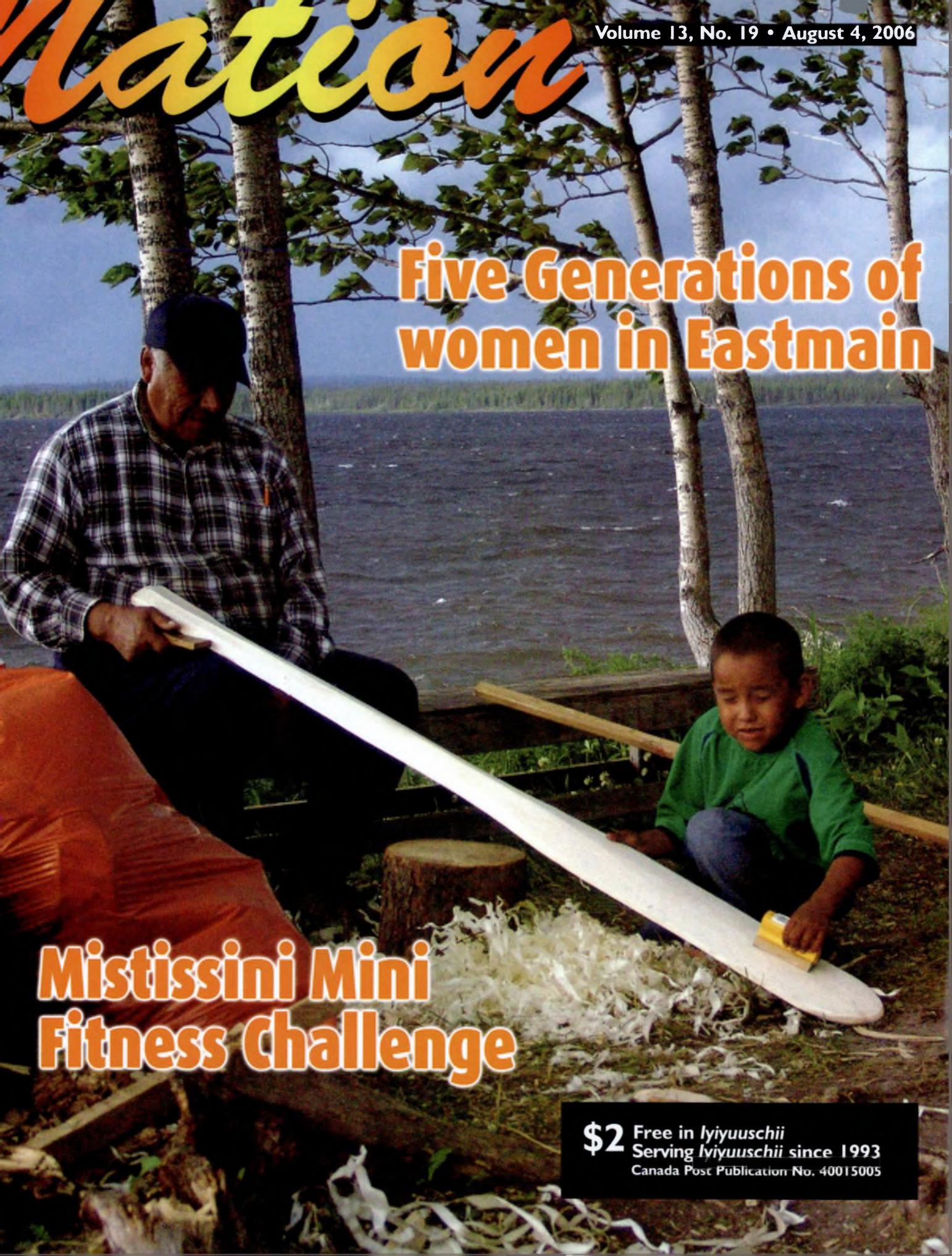

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Contact:

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Cree Nation of Mistissini

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(Eeyou Istchee)
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Cree Board of Health and Social Services of James Bay

editorial

Beat the heat – get chillin'

by Will Nicholls

It has been hot in Eeyou Istchee. I don't know if anyone has tried frying eggs on the sidewalk of the band council steps lately, but at one point Whapmagoustui and the surrounding area was the hottest place in North America.

Given how far north Crees and Inuit live, none are much acclimatized to periods of high heat. I remember one summer not long ago when we lost a few Inuit Elders to the heat.

Scientist say the weather patterns allowing this excessive change usually run in 20-to-40-year cycles depending on where you live in the world. However, you can expect them to start coming in much shorter periods now.

Yes, George W. Bush, despite the opinion of criminally negligent politicians such as you, global warming is a reality. And for those of us who live in the north, it's becoming a deadly threat.

The threat for our northern populations is heat-related health problems. These problems usually affect the obese, those who are not used to the heat, pregnant women, young children, especially those under four years old, the elderly and those who do not get enough sleep. People taking medication should check with the local clinics on whether or not they will be affected more by the heat.

Too much exposure to heat and dehydration can result in heat exhaustion. You really don't want this as symptoms can include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness headache and nausea or vomiting.

An early warning sign I tell all my friends when dealing with dehydration is you feel the beginnings of a headache. A sure sign is when your urine becomes darker and smells a lot. You won't find this early warning sign in most pamphlets. The solution is easy, all you have to do is drink water. Lots of it, as much as you can take first followed by a cup or so every hour except while sleeping.

Do not drink pop thinking it will help. It doesn't as the caffeine in most drinks will assist in dehydrating you instead.

Not dealing with dehydration and heat exhaustion can lead to heat stroke. When you have one of these you can damage the brain and other organs, and it might even kill you.

Heat stroke symptoms can vary, but you want to watch out for red, hot and dry skin; rapid, strong pulse; throbbing headache, dizziness, nausea, confusion and unconsciousness.

If you think someone might be suffering from heat stroke, call an ambulance. Cool them down any way you can until help arrives. Get them to the shade or an air-conditioned area. Spray or sponge them with cold water, or immerse them in a tub of cold water if possible. If it's not too humid, you can wrap the victim in a wet sheet and fan him or her vigorously. You want to get the victim's body temperature down to 101-102 degrees.

To avoid heat-related illness: drink plenty of nonalcoholic fluids (alcohol dehydrates you), pace yourself when working outdoors, replace salts and minerals, wear lightweight clothing, seek air conditioning or fans, and take cold showers.

My favorite trick is one from the 1930s – a fan with a bowl of ice in front of it. It is the poor man's air conditioner.

If you are working outdoors drink plenty of water, a glass every 20 minutes. You can easily lose two to three gallons working on a hot day.

Go down to the lake, river or bay. It is usually a few degrees cooler there, especially in the shade. Take an Elder as they are most at risk.

Take a cold shower or bath. This will cool the body off nicely.

I put my hands in the freezer and then rub them on my neck and chest. It's really, really nice.

If you have one of those big freezers you could try putting your clothes in them overnight and then putting them on in the morning. I have a buddy who swears by this.

Another trick is to go somewhere where there is air conditioning and just hang out. Isn't it time you checked out the band office?

Anyhow, when it gets really, really hot, just find a way to stay cool.

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Photo: Will Nicholls

Design: Alexandre Costa

rez notes

Sand between my toes

The beach is a place of dreams and liquid laughter spills from the mouths of all those who bathe in the waters of time, making the swimming hole a favourite pastime for those in need of cooling down and old-fashioned fun. Beach time was always one of my favourite ways of enjoying the lazy, endless days of summer.

Checking the weather forecast, I would catch a rare weather notice, brilliant sunshine! What sunshine isn't? I suppose that in meteorological terms, it means that it will be cloud-free with few of those upper atmosphere smoggy particles to block the sun from reaching your skin. UV indicators will probably shoot sky high, making beach time a dangerous time for fair-skinned mermaids.

The beach, no matter where, brings out the extremes of one's self consciousness for the first futile hours. The timid are more timid than ever, and the extroverted are willingly more exposed to the elements and tend to overshadow those who have just got sand kicked in their faces by some 98-pound weakling-turned-muscle-bound lifeguard-from-hell. Whatever the case may be, nearly everyone enjoys a good dip in the pool or lake.

Swimming isn't something that comes easy to the Cree of James and Hudson's Bays. Their brethren to the south have plenty of lakes with pristine beaches to enjoy during a hot nouchmi summer. But the waters of the north don't warm up enough even during the hottest days. With an average temperature of one to three degrees Celsius, diving into the brackish waters is better left to seals and whales.

An old saying is that when a man enters the waters of the bays, he returns a much smaller man, equivalent to two raisins and another bellybutton, so to speak. It doesn't matter if you dare to dip the arctic waters in July since it is so cold, but paradoxically, you can keep your hands warm during the cold of winter in the same water, which is warmer than the winter air.

Another new development is the indoor pool. This has spawned a new era of swimming safely; where trained people are available to kick start your heart in case you go under too long, or in case some over-eager beaver torments you by pulling you under over and over again until your snot becomes part of the chlorine and your tears burn within your goggled specs.

Swimming indoors has its virtues. There are no rocks to crack your head open when diving off the docks, no blood suckers clinging to your gonads, no enormous flies with jaws that look somewhat like a bulldog, no sun to burn your skin through the natural magnifying glass of drops of water on your body. The downside of indoor pools is that the ritual of applying sunscreen is moot, the ugly hair caps and goggles to prevent chlorine burns, and the fact that the swim cannot go further than the edge of the pool.

Back in the day, swimmers were hardier, choosing natural and man made sites as choice places to go for a dip.

I even have a picture of a good friend swimming with the ice of the river still floating by in the back ground. Much to our incredulous admiration for this brave soul, he actually crawled on the ice looking like an Inuit merman for a moment. Other places I have seen people swim is in a sand pit, gravel pit, rock pit, in the ditch and in large puddles.

Gone are those days, and we now have the days of swimming year round. But it's funny – I miss the feeling of sand between my toes and swatting off the feeding flies from my body.

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Canada

Profane put down by Coon Come shocks GCC meeting

by Steve Bonspiel

The Grand Council of the Crees board meeting was running smoothly, albeit a bit long, when one derogatory comment from an elected official turned the mood sour.

Matthew Coon Come turned to Dr. John Murdoch during his presentation at the meeting in mid-July and asked him if the middle initial in his name, S in this case, stood for "shit," according to three sources, including Deputy Grand Chief Ashley Iserhoff.

Coon Come wasn't impressed with Murdoch's report, detailing the Crees' rights under the constitution amongst other things, and affirming the need for Crees to take a more proactive approach to their future. Murdoch asked for $50.000 to further examine his findings and to sit down and discuss it with the GCC, but he was refused.

"Everyone has an opinion," said Deputy Grand Chief Iserhoff about the mud-slinging incident. "When you express it at a board meeting however, it has to be done with respect."

"I was in shock when that statement was made. It's not a reflection of what we think as leaders."

Coon Come is currently dealing with the residential school issue and working as a consultant within the Grand Council/Cree Regional Authority.

Iserhoff said that although the incident happened at a Grand Council meeting, it would not be up to the GCC to reprimand the former National and Grand Council Chief.

"The community elected their board member and he represents Mistissini. If the people want to pursue it, it's a local matter; the people who elected him are the ones who will deal with it."

Iserhoff distanced himself and the GCC from Coon Come's comments as much as he could. "The view of Mr. Coon Come is not the view of the Grand Council. If there is an apology given it is an issue between the two individuals," he affirmed.

Chisasibi Housing Crisis

There was also some serious business to take care of. Chisasibi Chief Abraham Rupert asked for emergency funding for the housing crisis in Chisasibi. Mould has become a huge problem and it is adversely affecting people with breathing problems as well as Elders and youth.

Mould and ice crystals have formed inside some residents' houses and are partially caused by the humidity given off by the La Grande project, according to Iserhoff.

The amount given to the Chisasibi Band Council was $3.5 million over 14 years. It is not viewed as a cure to Chisasibi's housing ills, but will go a long way towards addressing the housing crisis and the health problems associated with mould.

The Caisse Populaires agreed to lend Niskamoon the money after receiving a guarantee that the loan will be backed up by the GCC and their emergency fund. There was a question as to what would happen if the monies slated for these types of renovations were re-directed elsewhere by the GCC in the coming years.

The fund is part of the Paix des Braves Agreement and is administered by the GCC. A letter of undertaking to the Caisse was given by the GCC, and it meant that any future ruling to halt the cash flow to Chisasibi would obligate the GCC to take the bank into consideration as well.

"Health issues are big in the communities when it comes to mould," said Iserhoff. "This is something we had to act on fast."

Long-term planning

There was also talk of setting a date to discuss the long-term strategy of the Cree Nation and where it was headed.

"When elected we talked about long-term planning," he said. "The Board of Compensation and Creeco are organizing the meeting so it'll help us as a Nation as to where we're going to go for the future."

"A lot of our youth are going to school and coming home with degrees and they are not able to find jobs. I believe we have the resources in place today to combat that problem. People want employment security so they can help their families and invest for the future," Iserhoff continued. "It's very important to have a plan of action for the future and that is what we'll be looking at in the coming months."

Cree TV

Another important topic discussed was a Cree television station, said Iserhoff. The Cree Secretariat, along with the GCC and the James Bay Cree Communication Society formed a board to look into the feasibility of Cree TV. As part of the consultation process, they will be looking at cost effectiveness and the need for a Cree television station run by Crees, for Crees.

"It's an important tool," said Iserhoff. "Our people are very visual, they like seeing what's going on. They listen to the radio a lot, but if we had our own TV channel, well I think it's been a long time coming. Hopefully in a couple years we'll be able to see the first Cree TV station."

Iserhoff sees the proposed station as a way to bridge the gap between the nine communities in the vast territory of Eeyou Istchee. He said that TV channels already set up by the Maori people of New Zealand and the Mohawks in Kahnawake are examples of what can be done for a Nation that is experiencing a high population growth rate.

"It's a very strong tool that the Crees can use to stimulate discussions," Iserhoff continued. "We want to use the ideas from other First Nations for the benefit of the Crees."

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PUBLIC HEARINGS IN QUÉBEC CITY OF THE EXPERT PANEL ON SAFE DRINKING WATER FOR FIRST NATIONS

On May 31, 2006, the Honourable Jim Prentice, Minister of Indian and Northern Affairs Canada, in collaboration with Phil Fontaine, the National Chief of the Assembly of First Nations, announced the creation of an expert panel to advise on options for a regulatory framework to ensure safe drinking water in First Nations communities.

The panel is holding a series of public hearings across Canada to gather the views and suggestions of First Nations and other interested parties. The panel will hold a hearing in Québec as follows:

9:00 am
August 10 and August 11, 2006
Hilton Québec
1100 Blvd René-Lévesque East
Québec City

On August 11 there will be an open forum session, at which any organization or individual may speak. Written submissions may also be mailed to:

P.O. Box 28001
Bagot Post Office
Kingston, ON K7L 5R2
Or by email to:
clk@groupe-eps-sdw-panel.org.

Those who wish to provide their views may address any aspect of the following questions:

What should be regulated:

source water protection, training and certification of operators, drinking water quality, effluents, treatment, testing, wells, health protection, emergency preparedness, plant and system design, other aspects? What standards should be used?

What legal framework should be used:

First Nations, federal, provincial, territorial – and what roles should various governments play in implementation?

If you wish to participate in the open forum, or would like more information on the work of the panel, please visit its website at **www.eps-sdw.gc.ca**. You may also contact the Secretary of the panel, Catharine Lyons-King, at **1-866-677-2635**.

Canada

Former Native Alliance leader founds new off-reserve group

by Steve Bonspiel

A new organization for off-reserve Natives calling itself The Confederation of Aboriginal Peoples has been founded, and its leader, Guillaume Carle, is anxious to resume his recently interrupted political career.

"We represent all Aboriginals living off reserve, including Metis, Inuits and Indians," Carle told *the Nation*. "The confederation is a term from the Iroquois and since I have Mohawk in me, I guess that's why it was chosen," said Carle, who also has Algonquin, Huron and Nippissing blood.

Carle is no stranger to controversy.

After being re-elected in 2005 as Grand Chief of the Native Alliance, Carle was usurped by his opposition.

Carle said that an opposing faction illegally moved the meeting for re-election to another location without telling Carle and his supporters. One of those accused of the move was Carl Dube, President of Waskahegen Corporation and current Grand Chief of the Native Alliance.

"I was re-elected and everything seemed okay," said Carle, who grew up in Maniwaki. "Until we were served with an injunction a month later, which is still waiting to be heard before the courts."

Dube could not be reached for comment.

"The bottom line is you can't force a false Grand Chief on them," said Carle. "That's why the people left. That's why the communities totally disaffiliated themselves from the Native Alliance of Quebec and started the Confederation. Today they're going 200 miles an hour and the other guys are still dead there." Twenty-one resolutions of disaffiliation and disassociation from the Native Alliance were filed, along with the same number of resolutions affiliating themselves to the Confederation. Further, each of the 21 communities sent a letter advising the Alliance not to use their names in any way, shape or form.

Carle is currently suing the Grand Chief and his supporters for $835,000 for allegedly slandering his name. But Carle said would not comment on the allegations against him as they are before the court.

"When I was elected as head of the Quebec Native Alliance in 2003, I made three promises," Carle said. "I said I would bring adapted health programs, adapted education programs and economic development. As soon as I started pushing to get us going certain some people never accepted that the people elected me. I started to see conflicts of interest and I denounced them. When I told the whole story on this they attacked me. They attacked me and put the wallet to it. When I went to be re-elected in 2005, I had 75 per cent of the communities with me, or 21 out of 26 communities that were on my side."

Despite this, Carle wants to move on and help morph the new Corporation into an "inclusive" political organization.

"Industry Canada recognizes us as a political party or corporation to bring in our own laws, our own systems and judges for our health, education and economic development and our rights to our traditions and our culture," he said.

He said his new group will base its work on Aboriginal traditions.

"When a community grows, everybody grows. For example, how is one Grand Chief supposed to earn $125,000 a year while his people starve? That goes completely against our traditions and who we are. The Grand Chief is the one who has the visions that are pushed by the people to bring an essential growth to the whole community. If you don't have a community, you don't have a Chief or a Grand Chief. So you have to respect those grassroots members."

The Confederation's membership stands at 3,000, according to Carle. That is a number he says will grow in the coming months once a planned expansion to the western provinces gets going in earnest. The Yukon, Ontario, Manitoba and Saskatchewan are already affiliates. Carle is pushing for each province to get on board and said that in a year or less, membership should be hovering around 500,000.

But how do people become a member and what do they get for a $30 membership?

"The only way to get our membership card is to demonstrate genealogical proof and if you don't do that, you cannot become a member. The genealogical study has to be brought by the members themselves. When the process of validation comes in, the community has to look at it and make sure it looks good," said Carle, who added that the Confederation has hired a company – at arms length, according to him – who will independently verify the findings. "We can't give cards to people who are not Aboriginal."

So far, no one has been refused membership and Carle claims to have a "100 per cent transparent and true" process.

"The only way that we will win our battles is to unite together. That's what the Confederation of Aboriginal Peoples brings. It brings unity to all Aboriginal people to start living the traditions the way it was before and to fight together. When we're alone we're weak, when we're together, we're strong."

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Heavy Metal wins award in Norway

Rezolution pictures' documentary *Heavy Metal: A Mining Disaster in Northern Quebec* won a public voting prize at Riddu Riddu, a Sami film festival held in northern Norway.

The Sami are a nation of indigenous reindeer herders in the northern Scandaniavian countries and this was the 15th year of their festival. The weekend festival brings together artists from all over the world. There were singers and musicians from as far away as South Africa and New Zealand.

Ernest Webb and Catherine Bainbridge presented the film that was directed by Neil Diamond and Jean-Pierre Maher.

At the end of each showing of the films the public was invited to vote for their favorite film. On Saturday (July 15) the votes were counted and *Heavy Metal* was declared the winner. The top three movies were shown again on Sunday. More on the festival in the next issue

Mistissini police nab alleged pot dealers

Two Mistissini residents have been arrested on suspicion of drug trafficking.

"We executed a search warrant on July 15 at 6:50 am," said Mistissini Police Interim Director Bradley Mianscum. "The target was a 29-year-old male."

Mathew Ottereyes was arrested and charged with drug trafficking. He appeared in court via telephone July 17 and was released with a promise to appear August 23.

Thirty grams of marijuana were seized along with a small amount of cash.

Ottereyes' domestic partner, 27-year-old Karen Longchap, was also charged with drug trafficking and released with a promise to appear.

Karate coming to Eeyou Istchee

For the first time in history, a traditional Karate competition will be coming to Eeyou Istchee, but don't worry; you don't have to be an expert to participate.

"It will be mainly for the white and yellow belts in Wemindji and the other Cree communities," said Chanh Chau Tran, President of the Traditional Karate Federation of Canada.

"What we want to implement in Wemindji is a pilot project," he told the Nation. "It's different from other sports. Sometimes in sports it's more important to win. And sometimes if there is too much at stake, people will cheat. But the traditional Karate that we want to promote is not only about winning, but winning against yourself. To do that, you have to understand and respect yourself and respect your opponent."

Some of the elite athletes of the Quebec Karate Federation at comparable levels to the Cree enthusiasts will be heading to Wemindji August 26 and 27. The Club de Karate Montréal Concordia will be there as well.

"Through Karate training, they will develop patience and determination and they will develop a strong mind," said Chanh, who is sixth Dan black belt.

"They have to have somebody to guide them and motivate them and inspire them. That's what we're here to do. You cannot be good in anything unless you have discipline," noted Chanh, who added that at 59 years old, he still trains everyday to keep himself in shape and flexible.

"When we put the young people in the right context they become motivated. We use that motivation for them to continue to persevere."

Chanh is an electrical engineer by trade, but he has been practicing Karate since 1968. "Through learning Karate, I was very efficient in my job and career. And it enabled me to develop a good relationship with my family and the people around me," said Chanh. He said he had the opportunity to learn in Japan through the great masters and now he wants to give back to youngsters what he has learned.

"When I look at the people there (in Eeyou Istchee), they have the natural ability to move and fight. It reminds me of my people from Vietnam."

For more information and to register, call 1-877-252-1432.

Rosie Tanoush and husband Kenny 29 lb 9 oz. pike caught at Nemaska lake during the Old Nemaska Gathering 2006

FIVE GENERATIONS OF WOMEN IN EASTMAIN

feature

by Steve Bonspiel

Many Native teachings talk about the importance of looking ahead to the unborn generations – usually seven – and what affect our lives will have on them and their offspring. One Eastmain family is lucky enough to be able to communicate between five generations, from a three-month-old newborn to their 93-year-old matriarch.

"My mother was born across the river from Eastmain on my grandfather's trapline," Denise Brown told *the Nation*. "I was born on the Labrador coast in a little place called Rigolet, Newfoundland."

Denise, 35, works as the Community Employment Officer in Eastmain and is the middle child of five siblings. She is also in the middle of her families' five living generations of women.

Great grandmother Daisy is the wisdom that holds the family together.

"I love my grandmother," said Denise. "She's a kind person and doesn't say bad stuff about anybody. She's always happy and has a good heart."

"I remember when we used to visit I was always helping her doing traditional things. My other sisters didn't want to clean or pluck geese. They didn't want to do any of those things, but I still do that. My daughter Soleil does it now and my granddaughter will do it. It's just keeping tradition alive. My grandmother gave us very good family values and she has a lot of spirit."

Her mother is the efficient one.

"My mom is a tough old lady," Denise said. "She's a go-getter and she just gets stuff done so she can move on or celebrate or whatever. Then she can have more free time."

Denise talked about her mother's influence on her and her strength. "Family values have been passed down throughout our family. Not all residential school experiences are bad. It did affect her but she's still a happy person today. She's dealt with that time. I think the only thing she regrets from then is she didn't get to spend time with her parents in the bush. She didn't get to have a normal family life.

"Even though she never got that, we had a good family," she continued. "She spent time with us and took care of us. She wasn't a drinker and she never smoked. I had a great childhood."

Back in Labrador, the Browns were the only Cree family in the area. Denise renewed her Cree links after moving to Eeyou Istchee six years ago.

"Over there it just seemed like we were by ourselves," she said. "When I came home I was like, 'Wow, these are my cousins.' It gave me a really good sense of family and where I came from. The trials and tribulations of the Cree people really hit home and that I'm part of something bigger."

Eighteen-year-old Soleil was born in Newfoundland and lived there until the age of 12. Getting back to her Cree roots and her

home community was not an easy task at first.

"It was really hard leaving all my friends," she said. "They all missed me and I missed them. It was actually pretty hard to make friends because they all spoke Cree and that was all they wanted to speak. But after while when I got to know them a bit better they started speaking some English."

Soleil soon settled in and met Clayton, her boyfriend of two years. Three months ago little Riley was born. The influence the three older generations have had on both of them has been priceless.

"I'm going to teach her to respect others," Soleil said of her newborn. "I'm hoping she gets a good education. And when she needs to be disciplined for doing bad things she will be, but for now she's too young."

Soleil says that she has picked up a little Cree, but still needs more practice. She communicates with her grandmother through her younger sister Tina, who is nine years old. "Or sometimes I'll listen really carefully to understand what she says," said Soleil.

"I look up to my mom because she's so smart and beautiful, my grandma because she was the best cook. I really want to learn to cook like her because she's so good. And my great grandma Daisy because she's so nice. She's always smiling every day. She's never cranky and that's what makes me happy."

Her great grandfather recently passed away on January 23 and she was deeply affected. "I took it really hard because I really wanted him to see my child."

To make matters worse, her sister was diagnosed with ALL (Acute Lymphoblastic Leukemia) and has undergone harsh chemotherapy treatment since late last year.

"Tina's doing well," said her mother, Denise. "Her doctor says the prognosis is very good and the treatment is going very well. She's not through it yet but all the difficult parts are over and she's starting to move back into normal life. Her hair is growing back too."

The plan is to go on a family trip to Disneyland in California next February. "I really want her to enjoy it," she said. "She's still on medication that makes her tired all the time. We want to wait until she's capable of remembering and enjoying and doing everything she can."

Ethel, 55, knows the secret to her family's perseverance and prosperity. "We do have strong qualities," she said. "We're hard workers."

She made sure to instill qualities in her five children that would enable them to be good people.

"I taught them to be kind to everybody and to do the right thing. And I tried to make sure they got a good education because you won't get anywhere if you don't. We always tried to tell them that growing up."

Ethel was a little wary of her young granddaughter getting pregnant, but she has grown to love the newest family addition.

"Once I saw the baby I was pretty happy. She's so cute; I'm always picking her up. We always pass her around and I think we're going to spoil her," she giggled.

"Denise got a lot of help when she had Soleil. She was in her last year of high school so it was pretty hectic. Everybody took their turn to help her out and make sure she graduated from high school."

Now she's happy to be back among her community and family.

"It always felt good coming home," said Denise. "We used to come back on a regular basis and I always enjoyed my time here in Eastmain.

"When I first came back in 2001. I felt like I was coming home. I felt like I finally got to a place where I belong and that I was meant to be here for the rest of m life. Labrador was nice and it was my childhood home, but this is my traditional home."

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Mistissini Mini Fitness Challenge

by Will Nicholls

Kenny Gunner said he was tired after finishing first at the Mistissini Mini Fitness Challenge.

The challenge didn't seem too "mini" to most people as participants lined up to start. They would be swimming half a kilometre, followed by a seven-kilometre bike ride, a canoe portage for 5 kilometres, paddling for another one kilometre and ending with a jaunty five-kilometre run.

Gunner, though slightly out of breath, said, "I feel really, really good about winning."

Gunner said he has just started training and plans to go on and do the Nemaska Fitness Challenge. He considers the Mistissini Mini Fitness Challenge a good way to start getting ready for Nemaska.

C.R.A.
A.R.C.

Information on Childcare Center Permits in Eeyou Istchee

This is inform the parents and members of the Cree Nation of Eeyou Istchee that pursuant to the AGREEMENT between the Cree Regional Authority (CRA) and the MINISTERE DE LA FAMILLE, DES AINES ET DE LA CONDITION FEMININE (MFACF), the following childcare centers are the only centers that are operating with a permit issued by the CRA and the MFACF:

Eastmain

WASEYAPIN CHILDCARE CENTRE
Permit #: 3000-1352
70 Spaces
(819) 977-2207

Waskaganish

WAASESKUN CHILDCARE CENTRE
Permit #: 3000-1366
Precious Ones (80 Spaces)
Bedabin (80 Spaces)
(819) 895-2828

Nemaska

SHE SHE GUIN CHILDCARE CENTRE
Permit #: 3000-1233
68 Spaces
(819) 673-2232

Whapmagoostui

AWASH ESTCHEES CHILDCARE CENTRE
Permit #: 3000-1348
80 Spaces
(819) 929-3395

Chisasibi

ANJABOWA CHILDCARE CENTRE
Permit #: 5505-3961
Facility #1 (49 Spaces)
Facility #2 (80 Spaces)
(819) 855-1850

Wemindji

KANAWHYMIGOO CHILDCARE CENTRE
Permit #: 3000-2033
1. Facility # 1 (65 Spaces)
2. Facility # 2 (45 Spaces)
(819) 978-3605

Waswanipi

AWASH SHIISHIIKUNKAMIK CHILDCARE CENTRE
Permit #: 3000-2037
Facility # 1 (80 Spaces)
Facility # 2 (80 Spaces)
(819) 753-2623

Oujé-bougoumou

WASPSHOOYAN CHILDCARE CENTRE
Permit #: 3000-1234
80 Spaces
(418) 745-2526

Mistissini

AWASH CHILDCARE CENTRE
Permit #: 5545-7683
Amanda Center (80 Spaces)
Jonathan Center (80 Spaces)
Maryanne Center (80 Spaces)
(418) 923-4040

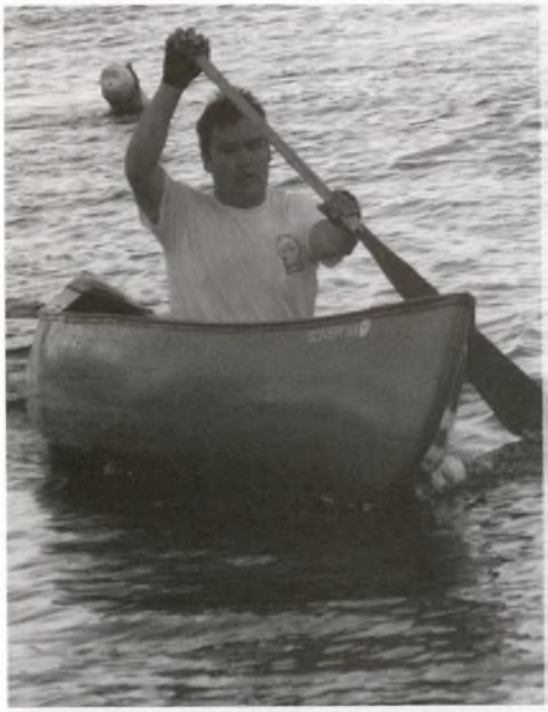
Cree Regional Authority Child & Family Services Department

Telephone: (418) 923-4020
Fax.: (418) 923-4022

The Cree Child & Family Services Department has the mandate to: to renew permits to the Childcare Centers every three (3) years; Provide inspection of the childcare facilities; Provide Technical and professional support to the centers; Receive and follow up on regional complaints; Administrate the funding for the operations of the centre; Oversee the $7.00/day program; Our Department also ensures that all staff employed by our centers have gone through the background inquiries.

Please take note that the above centers are the ONLY recognized childcare centers by the Cree Regional Authority and the Ministere de la Famille, des Aines et de la conditions feminine. Any other home/private daycares DO NOT have permits to operate.

We want to encourage parents to contact their local childcare centers and register their children to attend our services.



His daughter Patricia came in first in the women's division. She said she found the Mini Challenge very competitive and would be heading on to Nemaska with her dad.

Kenny and Patricia Gunner weren't the only ones running as a family. Stanley Neeposh and his son Stephan were also racing.

Stanley was almost overtaken by his son and said it gave him a good feeling to race against his son. No father-son issues there, but when asked if he deliberately didn't teach his son all the tricks of paddling a canoe, Stanley replied, "Yep," with a laugh.

His son also said it felt good to compete against his dad and he would hopefully beat him next year. He joked he would get his grandfather to teach how to paddle. He would be trying out Nemaska also.

Mistissini Local Fitness Challenge Results

2006 Men's Category

Participant's	Swimming	Cycling	Portage	Canoeing	Running/Total
Kenny Gunner	9:26	25:44	29:39	38:26	1:03:18
Stephen Gunner	11:04	26:53	38:20	50:57	1:13:10
Stanley Neeposh	11:39	28:49	34:33	45:47	1:17:12
Stephan Petawabano	11:40	28:06	35:1	48:18	1:19:11

2006 Women's Category

Trisha Gunner	10:57	31:19	36:18	48:09	1:23:44
Rosanna B.	17:10	36:46	48:23	1:08	1:41:25
Sophia Matoush	22:19	46:42	1:01:05	1:14	1:52:24

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OUJÉ-BOUGOUMOU GOLF TOURNAMENT

by Nick Paradisis

For the second year in a row, the weather cooperated to assure that the Oujé-Bougoumou Golf Tournament was a resounding success said Nick Paradisis, OJ's Chief Executive Financial Officer.

It was a hot and sunny day on Friday July 14, the day when more than 200 participants turned out for the Ouje-Bougoumou Golf Tournament. Everyone said they enjoyed a great day of golfing at Chibougamau's nine hole golf club. In all there were 48 teams (foursomes) that played that day.

The tournament was to raise funds for the Ouje-Bougoumou Youth Centre and the response of both the sponsors and the participants was very positive and enthusiastic according to Paradisis.

The main organizers from Oujé-Bougoumou, Curtis Bosum, Randy Bosum and Steve Mianscum, had spent what they called a frantic week to make sure everything was ready for the big day. They said the Youth Centre provided volunteers. As a result, the there were only minor delays in the tee off times. Indian time seems to be

getting a little more punctual these days and it showed during the tournament.

Organizer Randy Bosum said, "It is with great pleasure to inform the Cree Nation of the very successful conclusion of our second golf event. Participation far exceeded our expectations. We're thrilled to have a total of 192 golf players. The supper was great and the wide range of participation prizes added a very positive note to end this memorable event. The purpose of this event was to approach and explore new routes of fundraising for youth and Elder community events. This year, we raised over $20,000."

The tournament last year raised $15,000 so the latest figures shows the tournament is growing in popularity.

There were foursomes that played throughout the day and there were chipping contests as well as a putting contest, longest drive contest and closest to the hole contests to encourage the players. Two brand new automobiles were offered on the very elusive hole-in-one contest.

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The dinner emcee was Gaston Cooper and entertainment was provided by a youth group from Oujé-Bougoumou and an excellent set of songs with Pascal Ottawa from Manouan. The grand prize of an all expenses paid trip for two for a week at a Cuban resort was won by a resident of Chibougamau. Participation prizes ensured almost everyone was a winner.

Comments on the events of the day and the evening from both local participants and visitors from out of town were overwhelmingly positive and business cards were handed out during the dinner renewing the rendezvous for the same date next year. There was a lot of networking as well as fundraising.

"On behalf of the organizing committee, we like to thank all sponsors and participants for their support and encouragement in achieving the objectives of this initiative and we're definitely looking forward in organizing this event again next year," said Randy Bosum.

Results of the General Elections Cree Nation of Mistissini

Chief of the Cree Nation of Mistissini

John Longchap - 735 (78.19% of vote)

Deputy Chief of the Cree Nation of Mistissini

Kathleen J. Wootton	411

Councillors of the Cree Nation of Mistissini

William Mianscum	607
Andy Baribeau	508
John S. Matoush	508
Calvin Blacksmith	507
Alfred Coonishish	456
Kathleen Wapachee Benac	411
Caroline Mark	405

letter

Whapmagoostui kids left to their own devices

To the Chief,

We made our own club house because we are very bored and sometimes we get into mischief. There are some kids that sleep there because of problems at their own homes and they are scared to go home because of drinking. We took stuff from our own houses like candles, rugs, clock, games like cards, checkers, tic-tac-toe, table and chair. We have food their too so the kids that sleep there can eat and not be hungry.

We also have blankets and 2 beds for our friends that are scared to go home cuz there's no one home or drinking in their homes. We were talking about activities like going on summer trips and we can rent a bus to go there.

Summer and winter camps so we can learn traditional stuff. It is very boring here and we are far away from everything. Kids from other places are lucky because they always go on trips from their band offices and why can't we be lucky like that?????? Here in Whapmagoostui we want basketball court, go carts, roller blading place, bike ramps cuz we only go bike riding at the school and the hills, 11 curfew for kids to hang out at the youth center not 8 o'clock for the weekends. We feel like we are not being heard. Please hear us. Thank you. These are the kids that want the things:

Victoria Kawapit. Malcom Amber. Vera-Lynn Kawapit. Sonia Kawapit. Deborah Kawapet. Daisy Ang Cody. Sandy Riteish. Tanisha Kawapit. Jon Byron. Neil G. Kevq M. Leanne Natachequan. Stacy Menerick. Ian Babbish. Preston Atcbyina. Johnny Abraham Gilbert Abraham Gilbert Dick Reuben Thomas P. Verne Vernon Rachel M. Reuben D. Sabrina Kawapit Jeremy G. Lyle. Nicky. Austin. Brandon Kawapit. Charlie. Cookie. Deanne.

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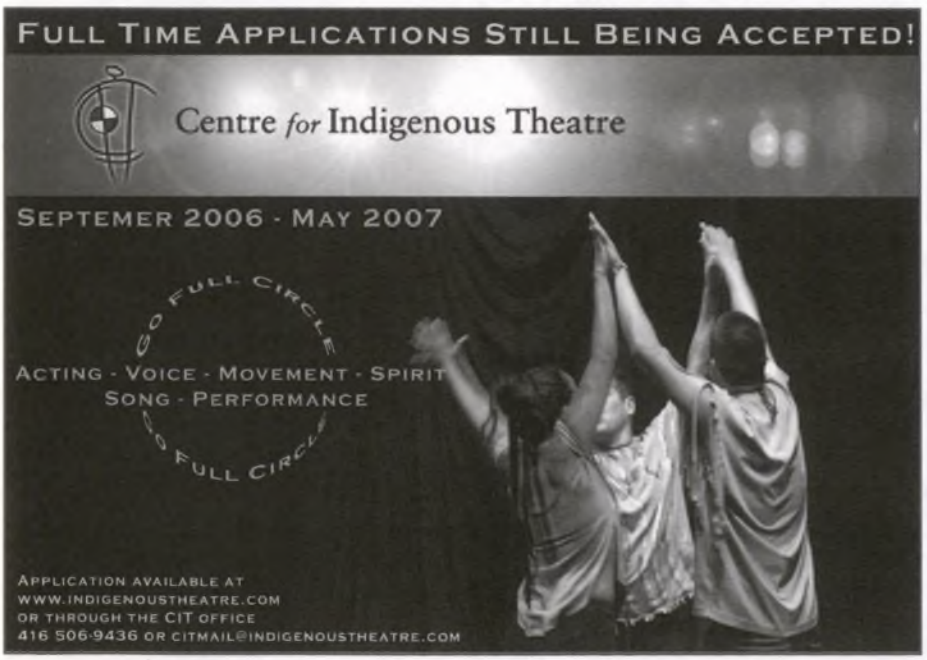
SCREEN SHOTS

Summer Movie Lineup – July

by The Shadow Critics

Little Man – Here is a movie with a lot of laughs if you can suspend your precepts of reality a bit. It is hard to imagine a baby with a full set of adult teeth, tattoos and stubble. However, the writers explain this in the movie by saying that God sometimes rushes when he packages little babies. The creators of this summer comedy are the same brothers who gave us the television series *In Living Color*. This was the series that launched Jim Carrey's career, and in which Jennifer Lopez used to dance as a "fly girl." The situations are funny and often where a little man disguised as a baby could get into trouble. This said, there are also some disturbing thoughts as the plot blurs the connection between the family that wants to adopt this "little man" and his growing attachment to finally having caring parents. Overall, it was a summer comedy which could offer you some laughs, as long as you do not take the plot too seriously.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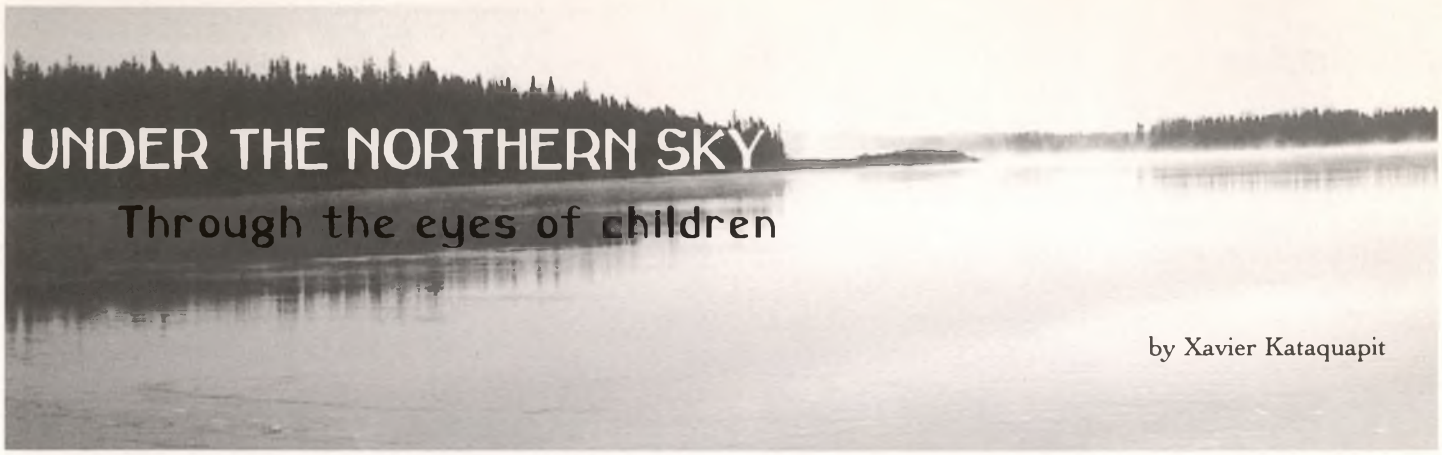

UNDER THE NORTHERN SKY

Through the eyes of children

by Xavier Kataquapit

This has been a week of many firsts for me. It has also become a week of memorable first time happenings for people around me.

I enjoy going out on the land to take in the fresh air and to enjoy quiet moments or even just to listen to the sounds in the forest and the many animals that live and thrive in the wilderness. Most of us northerners just take for granted that we can merely walk into the forest and enjoy these pleasures whenever we feel like it.

This week I took some southern friends for a canoe ride. I knew my friend Jack Vokes would enjoy the new experience but I was not prepared for his reaction to his first canoe ride.

The sun shone down on us and as he stared into the water, he seemed mesmerized at what he saw. He turned to me and asked what all the lights were. I was confused and wondered to myself if there was anything wrong or if there was anything strange in the water around our little canoe. It took a few seconds for me to realize that Jack was talking about the sparkles of light from the sun reflecting off of the ripples of water. I was happy to explain to my three-year-old friend that the bright blinking lights in the water were reflections of the sun. I told him the sun was actually dancing on the water.

What seemed like just another canoe ride for me was indeed a magical and memorable ride for my friend Jack. He pointed out every strange new thing he saw including bull rushes, beavers, loons, fish and the many reflections in the water. At three years of age, Jack's vocabulary has a lot of whys, whats and wheres. Between myself and Jack's dad Rob we spent a great deal of time on our canoe ride answering our inquisitive Jack.

Everyone in the remote north grows up becoming very familiar with the wilderness, the sparkling water, the white snow of winter or the green hues of a forest in the summer. We are led out early in our development to experience the colours, the smells, the sights and the sounds of the land even before we are able to understand what we are seeing. It is normal for northern parents to involve their young children in traditional activities such as camping, boating or even fishing. I don't remember my first boat ride but I am sure that it must have been a very comforting experience for me.

This was a week of many firsts from my friend Jack and his two-year-old sister Brynn. I sat down with them to enjoy their first open campfire in the woods and we roasted marshmallows with their parents Brooke and Rob. I think my two young friends enjoyed the serenity and quiet of the wilderness. It must have been a big change for them compared to their lives in the city suburbs of southern Ontario. They had a few complaints about the mosquitoes, though.

I also got the chance to spend some time with my nephew Willie Wesley. We took a long car ride so that he could attend a hockey camp. On the morning of our ride, we woke up to the sound of pounding thunder over our heads. Howling wind blew through the trees and visibility was down to a short distance as the rain poured down from heavily laden dark clouds. I have seen serious storms but this powerful tempest was new to myself and to Willie. We waited out the storm and then started our drive south. As we approached North Bay, the highway was lined with huge fallen trees here and there. We had never before seen tall trees blown down and their bases completely uprooted. Some had been bent in two and splintered trunks of wood sat along the highway.

When we arrived in North Bay, the city was without any power. As night crept over the city, finding gas for the car and getting groceries turned into a long difficult chore. Cars lined up at the only open gas station and lines were long at the sole grocery store open in the city. We found ourselves in the middle of an emergency. People drove and walked along the dark streets and police were on patrol at intersections and major points of interest as the city ground to a halt.

This was an exciting first day for Willie and full of firsts. It was his first hockey camp and first dramatic storm. Hanging out with Willie reminded me of my early teen years. I knew he was a little anxious out here in the south away from his parents and sisters and in the midst of a crisis in a big city.

Thankfully, the hockey school staff was on hand to reassure him that things were going to be just fine. As luck would have it he was also fortunate to bunk in at the college dorm with two great fellow hockey school participants, Matt and Quinton from Manitoulin Island. I was happy to see the boys strike up a friendship as I was preparing to head back out into the night for the long ride home.

The trip home was grueling but I filled the time thinking about all those firsts that Willie, Jack and Brynn had shared with me. There is nothing better than being reminded how wonderful life is through the eyes of children. Meegwetch awashishuck ... thanks to my young friends.

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CLASSIFIEDS

ANNIVERSARIES - 100

Happy 30th Anniversary to our grandparents Ronnie and Elizabeth Georgekish on August 25/06. love Jacob and Maykaylee.

BIRTHDAYS - 101

Happy Birthday to my God mother Amanda Voyageur On July 27. And many more to come. Mommy and me miss you so much. Haha. Hope to see you when we get back to Chis. Lol. Fr your God daughter Daisy Salt-Longchap and Louisa.

I would like to wish a happy birthday to my GrandParents Fr Waswanipi, Gookum Dorothy Longchap celebrate her bithday on July 22 and Joomshuum Peter Longchap on July 23.I love you both so much, thanks for everything you have done for me. You mean the world to me. With love always, your Granddaughter Daisy Salt-Longchap.

Happy 3rd birthday to a handsome boy Colwyn Chewanish-Sam on July 7th. (Chis.) Wish you many more birthdays to come. Hope you enjoy your birthday party with so much fun, sorry we're wasn't there to celebrate with you...But we are thinking of you. Love you Colwyn'sh. Fr Louisa and Daisy (Eshgosh). See you soon also happy birthday to your Gookum Mary on July 12th and many more to come.

A year ago on August 7, a great blessing was added to our family. My first son was born I named him Miguel Miquashim. He has been nothing but smiles & love. Everywhere he goes people fall in love with him. We're wishing him a blessed first birthday. We love you tons Miguel!! Mom Bianca & Big Sister Meeya.

Happy belated birthdays to my cousins Candace Moar (Chis) on July 1st, Trenton Moar-Matoush (Mist) on July 4th and Cameron Moar (Mist) on July 8th happy birthday to all of yous and many more birthdays to come. Fr cousin Denzel Berryman.

I would like to wish a happy birthday to the following people my brother Josh on july,19 my niece Ashley on july, 25 my brother Ivan on aug,3 my son Damian on Aug 26 to my Mama on Aug 27 happy birthday to you all enjoy your special day with all my love Mary (Waskaganish)

I would like to wish a happy 3rd birthday to my baby boy Damian Stephen on Aug, 26 enjoy your day your growing up so fast and I love you so much with all my heart love always Mom (Waska)

I wolud like to wish happy 7th wedding Anniversary to my husband Gordon Snowboy Jr, on July 30th,2006.Happy Anniversary honey I love you so much with all my heart and soul. Fr. your wife that loves you so much Mrs.Patricia Snowboy. xoxoxoxoxoxo (Whapmagoostui)

I want to wish my mom Mary Masty Snr, Happy 69th Birthday on July 28,2006 I wish many more years to come and I love you from your daugther Patricia Mast-Snowboy (whap)

We would like to wish a happy 5th birthday to our baby Miranda Georgekish on July 20.Now you are 5 yrs old When it seems not long ago when you came into this world. We love you so much our li'l girl. Enjoy your birthday! Love always Mom (Melinda), Dad(David) & sister(Micheline).

I would like to wish a Happy Anniversary to my Grandparents James&Queenie Chiskamish on Jul 19 2006 and to My Godparents John&Tina Chiskamish on the same day as my grandparents and to my cousin Paula and her husband Christopher Swallow. Happy Anniversary!! Fr: Shannon Chiskamish 3 xox's

A Happy 10th Birthday wish going out to my beautiful daughter Leona Baribeau from Mistissini (July 31st). I hope you have fun in Chisasibi with Dad and Alice...and the rest of the gang. I miss you guys so much (Stevie, Jolene and my baby Adrian). I can't wait to see you again! Alice and Eric, take good care of my babies and especially their beloved kitty. Love, Mommy in Mistissini.

I would like to wish my grandmother Queenie Chiskamish a Happy Birthday on August 29 2006, and Cally Chiskamish on the 27th and to my adorable twin cousins Wynona & Winston Chiskamish on the 26th! Happy Birthday and Many More to come!! Love always Eeshgo Chiskamish (Shannon) xoxoxoxoxoxo I wanna wish my dad Elijah Sheshamush from Whapmagoostui a belated happy birthday on july 22,06 and I wanna wish my niece Mary happy birthday on july 24 from Chisasibi love always Doris

Happy 8th birthday to our big brother Austin ,mommy is proud to have a brother for us like you, remember what she always tells you, "take care of your sisters "enjoy your day boysh love Andrea and Audrey Weistche (Waskaganish)

Happy birthday to our cuz Austin Weistche on August 6,2006. Hope you enjoy your special day!!

Happy Birthday and many more to come!! from, Justin, Justine and Justina

Wishing a Happy Birthday to my nephew Austin Andrew Markus on August 6, 2006 Celebrating his 8th birthday! Happy birthday boy'sh love you so much! from Norma

I would like to wish my first born ,Austin Weistche his 8th birthday on august 6 ,happy birthday! my son I thank God for giving to have you, you brighten up my days, lighten up my nights, your my angel my maracle, you mean the world to me, always remember that I love you so much from mom Sarah (Waskaganish)

I wanna wish my Godson Archie Masty from Whapmagoostui a happy 10th birthday on september 8th and many more to come hope your wishes come true from Doris in Whap.

GRADUATION - 104

I would like to say Congratulations to the 2006 Graduates of James Bay Eeyou School on June 20th 2006,Our Graduation is a day we will always remember, it was like a dream and so magical. Everyone dressed so nice and smiled and some cryed because they were very proud of us!! All The Hard Work we did in the past few years was all worth it! WE DID IT!!:D:D So Congrats Fellow Graduates and Good Luck In the Future. With Love In Friendship Shannon Chiskamish Graduate of 2006! P.S: It's Only The Beginning!=D

PERSONAL - 300

A HUGE THANK YOU TO THE FOLLOWING PEOPLE: Anne Marie Awashish, Minnie B. Longchap, Marlene Mckinnon, Lloyd and Annie Cheechoo, Daniel and Jacqueline Mattawashish for participating in our walkathon. Also, a Big Thank You to all the people who contributed financially. We raised $4500.00 to purchase a 3-wheeled scooter for our mother Kitty Coonishish. Thank you and May God Bless you all. From the family of Kitty.

Val-d'Or - Looking to share a 2 bedroom apartment for Fall session with College or University female student. The rent is $500/mth utilities not included. The apartment is located near the UQAM University of Val-d'Or(5 minute walk). A computer is also available with fast speed internet services. Responsible persons reply only. For more info, you may contact me through e-mail: wkopiza@hotmail.com Meegwetch Jane Wabie Val-d'Or

Public Service Announcements – 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out theirwebsite at: www.kidshelp.sympatico.ca.

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REMEDIAL WORKS
Our Project Selection Criteria

Projects are selected in accordance with the important priority of generating employment for the Crees. Remedial Works projects are aimed at the employment of Cree youth or trappers and their family whom are directly affected by the La Grande Complex. The criteria applied to the selection of projects also take into account the technical feasibility of the proposed works.

Scope of the Projects

As it has been the case since the launch of the Remedial Works Program, nearly all the projects submitted by Cree proponents can be classified in one of the three (3) main categories of priority employment projects as originally defined by the Apatisiiwin Corporation. The priority projects are improvement of the access to the territory, improvement of shelter during traditional activities, and enhancement of harvesting conditions (hunting territory and wildlife habitats). The following lists identify the different types of projects included in each of the categories;

Improvement of Access:
Snowmobile trails, ATV trails, Portages, Access roads upgrading, Construction of parking areas, Construction of hauling ramps and canoe racks (manual job), Cleaning and marking of navigation corridors, Cleaning of streams (for navigation), Snow plowing on secondary access roads

Improving the dwellings of trappers for pursuing traditional activities:
Construction of new trapper cabins, Renovation of existing trapper cabins, Construction of individual storing facilities (sheds), Construction of community storing facilities (warehouses), Construction of emergency shelters of islands with hydro-electric reservoirs

Projects to improve wildlife habitat and hunting conditions for trappers:
Water-flow areas (creating goose ponds, fly-aways and goose feeding areas),
Shore-cleaning on hydro-electric reservoirs,
Renewal of tree-cutting (moose yards)

Contact Us

For more information about proposal guidelines, the schedule of board meetings or any other questions, please contact your local coordinator or visit our website at:
www.niskamoon.org

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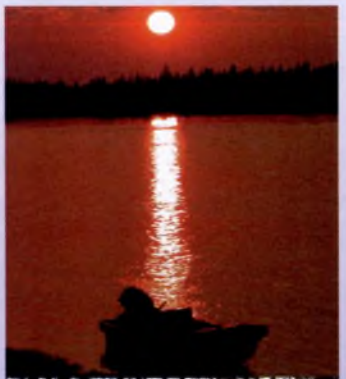

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